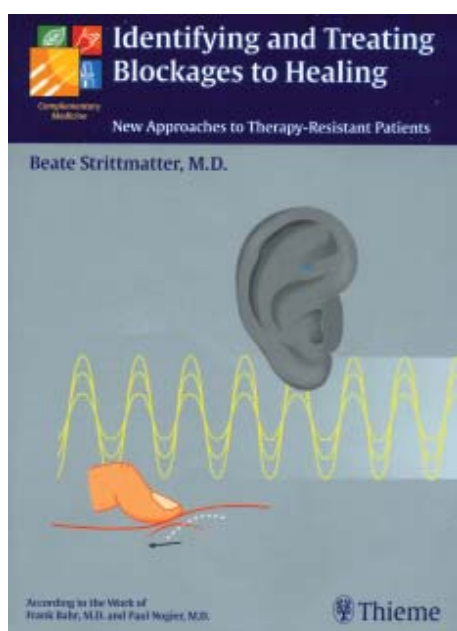


## BOOK REVIEW



***IDENTIFYING AND TREATING BLOCKAGES TO HEALING*, by Beate Strittmatter. Bibliography 2003, 257 pages, 150 illustrations, soft cover. € 44.95 / CHF 74.50 ISBN 3 13 127871 4**

The handbook entitled *Identifying and Treating Blockages to Healing* by Beate Strittmatter, M.D., is a practical publication of a complementary medicine, which emphasizes one common problem in daily medical practice, i.e. that some patients seem to be resistant to treatment despite all therapeutic efforts. Quite often the key to solving this health problem is finding and treating a focus, a harmful influence that interferes with the body system of self-regulation (e.g., bacterial inflammation, knocked-knee, scar tissue). In conventional medicine, the search for such foci usually begins when symptoms have already set in. However, this method of identifying the focus by means of active acupuncture points in the reflex zones of the ear is an eye-opener for the therapist; it allows for finding the foci before they have caused noticeable symptoms.

In Part A of the book, many of these potential foci are described. From a tooth with inflamed pulp to skin scars, there

are various conditions that may cause pathophysiologic changes as well as disturbances at a higher level, the energy level. Here, we have to refer to the ancient wisdom of traditional Chinese medicine, which is based on the assumption that there is a so-called life energy or *Qi*, which moves through the body along the specific pathways called meridians (lung meridian, stomach meridian, etc.). Mr. Paul Nogier played a very important role in this special form of acupuncture. In the 1950s, this French physician found the outer ear surface (auricle) to be a reflex area in which all parts of the body are represented.

The second part of the book entitled Practical Application describes all methods of mapping ear reflex area as well as finding foci points. Such actions are done manually with a stirrup or pressure probe or by an electrical device that measures differences in electrical resistance of ear skin. After such a precise diagnosis and obligatory conventional diagnostics, therapy is initiated. The aim is the same, either using needling the ear reflex zone or infiltrating the focus itself with a local anesthetic or treating the focus or focus point with laser beam, i.e. to bring the patient to a state which is free from focal disturbances.

In the second half of Part 2, quite much is said about the more advanced and skill-needed method of focus diagnosis and therapy under vascular autonomic signal control. The method is based on Nogier's discovery of auricular cardiac reflex. Stimulation of patient ear reflex zones causes change in the pulse quality. Shortly after Nogier's discovery, Bahr introduced a 3-volt hammer, that has become the main tool in VAS method. It is used to locate or stimulate points on the auricula without even touching them. The last section of the second part deals with laser application in focus diagnosis and therapy.

The last part C of the book provides useful information on training courses, equipment needed, supply sources, contact list, and answers to frequently asked questions.

It is completed with a well organized index. Containing 250 pages, rich in illustrations and tables, the book is written clearly in a very readable style. It is a valuable contribution for all those professionally engaged in acupuncture and auriculo-medicine, for those dealing with therapy resistant patients, those that are just starting, and all those that simply want to expand treatment possibilities.

*Mislav Budišić*

## NEWS

### Scientific Approach to Diagnosis and Treatment of Headaches

Zagreb, March 21, 2004

In the autumn 2003, the International Society for Headache accepted a new classification of headaches. Therefore, Medical Division of the Croatian Academy of Sciences and Arts organized a symposium entitled Scientific Approach to Diagnosis and Treatment of Headaches, that was held in the Renaissance Hall in Zagreb on March 21, 2004.

The Symposium was organized in four sections. Each section was followed by a short recess, and after two morning sessions there was a break for lunch.

After the introduction given by President of Medical Division of the Croatian Academy of Sciences and Arts, Academician Zvonko Kusić, the Symposium began with a lecture presented by Professor Vida Demarin, Head of University Department of Neurology, Sestre milosrdnice University Hospital, Zagreb, on headache as one of the most common diagnoses in medicine and one of the most frequent symptoms encountered by medical professionals. She stressed that causes of headache varied widely from benign and usual to serious ones. Then, Professor Dubravko Božičević from private practice in Zagreb gave an interesting lecture on the pathophysiology of pain and especially pain in head. Professor Ksenija Wilhelm, Head of University Department of Neurology, Rijeka University Hospital Center, delivered a lecture on the clinical picture of migraine. Professor Ivo Lušić, Head of Department of Neurology, Split University Hospital, completed the first part of the Symposium with a lecture on the role of triptans in therapy of migraine.

After a short recess, the Symposium continued with a lecture given by Professor Zlatko Trkanjec from University Department of Neurology, Sestre milosrdnice University Hospital, Zagreb, on tension headache. Assistant Professor Davor Jančuljak from University Department of Neurology, Osijek University Hospital, gave an interesting lecture on cluster headache, and Assistant Professor Vesna Šerić from University Department of Neurology, Sestre milosrdnice University Hospital, Zagreb, continued with a lecture on neurologic diseases as the causes of headaches. Professor Vida Demarin, Head of University Department of Neurology, Sestre milosrdnice University Hospital, Zagreb, completed the second part with a lecture on the news in therapy of headaches.

After lunch, Assistant Professor Arijana Lovrenčić-Huzjan from University Department of Neurology, Sestre milosrdnice University Hospital, Zagreb, continued the Symposium with a lecture on the role of neurosonology in the diagnosis of headaches. Professor Miljenko Kalousek from University Department of Diagnostic and Interventional Radiology, Sestre milosrdnice University Hospital, Zagreb, gave an interesting lecture on neuroimaging methods in the diagnosis of headaches. Then, Professor Vera Polnegović-Šmalc from Vrapče University Psychiatric Hospital, Zagreb, presented a lecture on psychiatric causes of headaches. The third part of the Symposium was completed with a lecture by Professor Livije Kalogjera from University ENT Department, Sestre milosrdnice University Hospital, Zagreb, on headaches as the cause of ENT diseases. After a short recess, Eugenija Reiner-Tedeschi from University Department of Ophthalmology, Sestre milosrdnice University Hospital, Zagreb, delivered a lecture on ophthalmology diseases as the causes of headaches. Vesna Đuranović from Zagreb University Children's Hospital, Zagreb, gave an interesting lecture on headaches in children. The last lecture was presented by Assistant Professor Tomislav Babić from University Department of Neurology, Zagreb University Hospital Center, Zagreb, dealing with drug utilization in therapy of headaches. The Symposium was closed by fruitful discussion.

After the Symposium dinner was served and the participants had an opportunity for informal gathering and discussion on various topics.

The Symposium was well organized and experts from all over Croatia presented lectures from their fields of expertise. More than 200 participants were present at the Symposium. All participants were delighted to have an opportunity to hear about latest advances in the field of headache and to listen to lectures delivered by recognized experts about headache that has a significant role in everyday practice of neurologists as well as of general practitioners and other physicians.

All lectures presented at the meeting will be published by Medical Division of the Croatian Academy of Sciences and Arts and distributed to all participants, thus giving them an opportunity to have all data on headache important for daily practice compiled in single publication.

*Zlatko Trkanjec*

Sestre milosrdnice



University Hospital

## HISTORICAL REVIEW

Liječnički vjesnik from 1914<sup>1</sup>, in the News section, brings information on the first course in practical medicine entitled Examples from Medical Practice. Thus, ninety years ago Croatian medicine initiated continuous education of physicians, which had already existed in all west European countries, in the USA and, as stated by Dr. Dragutin Mašek, in Hungary from 1883. Although courses on trachoma led by Dr. Kurt Hühn from our hospital had already been organized before, it was in 1914 that true course were organized by the Croatian Medical Association, governmental health authorities, and physicians from hospitals and other health institutions. So, the course in surgery (led by Dr. M. Čačković), ophthalmology and dermatovenereology (Dr. D. Mašek) and pediatrics (Dr. R. Marković) were held at our hospital. This first course was extensively presented in Liječnički vjesnik.

Of course, the contributions from our departments and physicians are of greater historical relevance for our hospital. Thus, Department of Surgery received special acknowledgment for its exemplary order, cleanness and discipline; and Dr. M. Čačković for his readiness to provide all explanation requested on x-ray device (then the latest dignostic novelty) in so-called Röntgen room; Dr. Mašek for his patience and willingness to talk to course attendants; and his department for proper care of their patients, especially those suffering from genital diseases, also distributing due warnings to female patients in order to upgrade public morals.

All lecturers and other health institutions received acknowledgments. Here is just one citation on our hospital: “Who wants minor surgery? Who wants major surgery? Who wants theory, and who wants practice? Who wants conservative methods, and who wants high activities? Who wants fractures and luxations? Who wants x-ray? – Everything could be found there. And this mostly met with cordial hospitality and cooperativeness from both primary and secondary physicians. They all met us as their peers; it may have appeared that not only we were expected to learn from them, but that they also tended to enrich on our rustic, nonspecialist experience”<sup>2</sup>.

And so were launched the first courses of continuous education of physicians 90 years ago; in the year 1914, everything was new: new courses, novel diagnostic methods and new knowledge, however, the last two sentences clearly connect the past and the presence, and probably the future: “Hospitals were overcrowded, as they usually are everywhere in winter. There is a huge material indeed”<sup>3</sup>.

### References

1. Liječ Vjes 1914;36:130-141.
2. Ibid.
3. Ibid.

*Tanja Sušec*

## INTERNET GUIDANCE

Besides general data bases to search through medical literature, already announced in this section<sup>1</sup>, the US National Library of Medicine has developed a number of other interesting and useful web sites. This time, we have decided to introduce the following ones:

DIRLINE (Directory of Information Resources On-line) contains data on organizations, projects, and biomedicine and health data bases. Some 10,000 data available from this data base contain comprehensive information on organizations and systems, especially those dealing with rare diseases, genetic diseases, maternal and children's diseases and their health, etc. DIRLINE data base is available at the following site:

<http://dirline.nlm.nih.gov>

Another interesting site is Profiles in Science. This data base contains biographic and other data on renowned scientists of the twentieth century in the fields of biomedicine and public health. Of special interest are pages on the pictures entitled The Visual Culture and Health Posters. Everybody knows a little about them, and that is why it appears to be highly useful and intriguing!

<http://profiles.nlm.nih.gov>

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REMEMBER, OUR WEB ADDRESS IS:

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Use only standard abbreviations. The full term for which an abbreviation stands should precede its first use in the text unless it is a standard unit of measurement.

**Acknowledgments**

List all contributors who do not meet the criteria for authorship, such as a person who provided purely technical help, writing assistance, or a department chair who provided only general support. Financial and material support should also be acknowledged.

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References should be cited in the style based on the formats used by the Index Medicus. The titles of journals should be abbreviated according to the style used in Index Medicus (<http://www.nlm.nih.gov>).

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**EXAMPLES OF REFERENCE CITATIONS**

**ARTICLES IN JOURNALS**

Standard journal article (list the first six authors followed by et al.)  
Vega KJ, Pina I, Krevsky B. Heart transplantation is associated with an increased risk for pancreatobiliary disease. *Ann Intern Med* 1996;124:980-3.

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